159

Calico Cook Book

COMPILED BY
BUSINESS AND PROFESSIONAL
WOMENS CLUB.

The
Calico Cook Book

Compiled by
BUSINESS AND PROFESSIONAL
WOMENS CLUB
Birmingham, Ala.

INDEX

Page

Breads 3
- Boston Brown
- Drop Dumplings
- Nut Bread
- Rolls
- Sallylun
- Tea Biscuit
- Virginia Spoon Cornbread

Cakes 4
- Angels' Food
- Apple Sauce Cake
- Caramel Icing
- Cocoanut Cake
- Date Sticks
- Devil's Food
- Doughnuts
- Inexpensive Fruit Cake
- Japanese Fruit Cake
- White Fruit Cake
- Lady Baltimore Cake
- Lemon Butter (Filling)
- Montgomery Sponge Cake
- Pecan Cakes
- Oat Meal Cookies
- Oat Meal Wafers
- Pineapple Sponges
- Rocks

Cheese 8
- Cheese Custard
- Cheese Souffle
- Welch Rarebit

Confections 8
- Soft Fudge
- Fudge No. 2
- Cocoanut Candy
- Nut and Fruit Roll
- Penoche
- Butter Scotch Pie

Desserts 9
- Chocolate Pie Filling
- Cocoanut and Apples
- Crystal Apples
- Fruit Nectar
- Golden Pie
- Jewish Shallit
- Lemon Pie Filling
- Maccaroon Pudding
- Maple Mousse
- Mocha Pie
- Nut Pudding
- Plum Pudding
- Waukesha Ice Cream

Eggs 12
- Poached in Milk, with Cheese
- Six-Egg Omelette

Fish 12
- Baked Fish
- Creamed Salmon
- Creamed Oysters

Griddle Cakes 13
- Bread Crumb Batter Cakes
- Flannel Cakes
- Rice Griddle Cakes

Page

Meats 13
- Chicken Smothered in Fresh Mushrooms
- Roast Wild Duck
- Delicious Baked Ham
- French Stew
- Meat Loaf
- Savory Nut Roast
- Nut Croquettes with Raisin Sauce
- Baked Apples with Sausage Filling
- Steak En Casserole
- Beef Steak with Oyster Blanket
- Roast Turkey
- Chestnut Stuffing
- Oyster Stuffing
- Stuffed Veal Cutlets En Casserole
- Veal Loaf
- Turkey Stuffing (Swedish Style)

Pickles 16
- Chow Chow
- Sweet Pickles
- Pear Pickle
- Olive Pickles

Preserves 17
- Grapefruit Marmalade
- Fig Preserves

Salads 17
- Boiled Dressing
- Tomato Jelly with Celery Salad
- Ginger Ale Salad
- Horse Shoe Salad
- Pimento Salad
- Cold Slaw
- Hot Slaw
- Dressing For Slaw

Sandwiches 19
- Sandwich Filling
- Surprise Sandwiches

Sauce 19
- Barbecue Sauce For Lamb
- Brown Sauce
- Sauce For Pudding
- Sauce Tartar
- Tomato Sauce
- White Sauce

Soups 20
- Almond Soup
- Celery Soup
- White Soup Stock
- Chicken Gumbo
- Lemon Soup
- Pea Hull Soup
- Red Pottage

Vegetables 21
- Boston Baked Beans
- Cabbage a la Cauliflower
- Hopping John
- Italian Spaghetti
- Deviled Potatoes
- French Boiled Rice
- Sweet Potato Boulettes
- Sweet Potatoes, Party Style
- Old-Fashioned Sweet Potato Pone
- Baked Squash

BREADS

BOSTON BROWN BREAD

2 cups Shredded Wheat Biscuit crumbs
1 cup corn meal
1 cup molasses
1¾ cups sweet milk
½ teaspoon salt
½ cup sour milk
1 teaspoon soda

Have the water boiling before beginning the bread. Mix the crumbs, corn meal and salt. Add molasses in which has been mixed ½ t. soda; then add 1¾ cup milk and last of all ½ cup sour milk to which has been added the remaining ½ teaspoonful of soda, stirring until it effervesces. Turn into a buttered mould. Steam for 3 hours.

ESTELLE PATTON.

DROP DUMPLINGS

2 cups flour
3 teaspoons baking powder
½ teaspoon salt
¼ teaspoon soda
2 tablespoons fat
1 egg
1 cup buttermilk

Sift dry ingredients, add fat and well beaten egg, stir in buttermilk until you have a stiff batter, drop over stew with spoon, cover tightly and steam 15 minutes.

MRS. MARIAN WALKER SPIDLE.

EGG BREAD

Pour one pint of boiling water over ½ pint meal, add teaspoon salt and let it stand about five minutes.

Stir in one tablespoon butter, one tablespoon sugar, one well beaten egg, ½ cup sweet milk, one tablespoon baking powder.

Beat thoroughly, pour in well buttered dish and bake for thirty minutes. Serve in the same dish in which it is baked.

MRS. CHARLES ROBERTS.

NUT BREAD

2 cups of flour
2 teaspoonfuls of baking powder
½ teaspoonful of salt
½ cup of sugar
1 cup nuts
1 egg well beaten
½ cup of sweet milk

Mix, put in loaf pan, let stand twenty (20) minutes, then bake thirty minutes.

MRS. THOS. J. WINGFIELD.

ROLLS AND VARIATIONS

1 cup milk scalded
1 teaspoon salt
1 teaspoon sugar
1 tablespoon butter
½ yeast cake. Mixed with
¼ cup luke warm water
Flour

METHOD:

1—Scald milk
2—Pour scalded milk over butter and sugar
3—Let cool to luke warm
4—Add dissolved yeast cake and enough flour to make a pour batter. Beat until full of air bubbles.
5—Let rise—double bulk.
6—Add enough flour to knead.
7—Knead until elastic to touch.
8—Let rise until double original size.
9—Make rolls; let rise; bake in hot oven.

FOR VARIATIONS:

Parker House
Clover Leaf
Swedish Tea Ring
Cinnamon

Ask Miss Estelle Patton at the Club Rooms.

SALLYLUN

1 quart flour
4 eggs
½ cup melted butter or can use half lard
2 cups warm milk
½ yeast cake
1 teaspoon salt
1 teaspoon sugar
½ teaspoon soda, dissolved in hot water.

Beat the eggs to a stiff froth, add the milk, salt, sugar and soda; beat the yeast in well.

Set to raise in dish in which it is to be baked. Will take about six hours to get real light. Bake in steady oven ¾ of an hour. Serve hot.

ZENNIE W. TOMLINSON.

TEA BISCUIT

1 quart flour
2 teaspoons baking powder
1 tablespoon butter
1 tablespoon lard
1 tablespoon sugar.

Mix with sweet milk to soft dough. Roll very thin in two parts. Butter one part, spread other part over it and cut through. Bake quickly.

ELLEN WOOD.

VIRGINIA SPOON CORNBREAD

(For 10 people)

½ cup breakfast hominy
2 teaspoons salt
3 eggs beaten light
2 cups corn meal
1 quart boiling water
4 tablespoons shortening
1 cup milk
1½ teaspoons baking powder.

Add salt to water, stir in the hominy, let cook 30 minutes. Add shortening, the eggs mixed with milk and corn meal sifted with the baking powder. Mix all together thoroughly. Bake in a buttered pudding dish for 45 minutes.

ESTELLE PATTON.

CAKES

ANGEL'S FOOD

Whites 10 eggs
1¼ cups sugar
1 cup sifted flour
1 teaspoon cream tartar.

Add pinch salt to eggs before beating. Sift your flour four or five times, measure one level cup and set aside. Beat whites of eggs about half and then add the Cream Tartar and beat very stiff. Stir in your sugar, add in your flour, turn into pan with no grease; bake in moderate oven about 45 minutes.

MATTIE LEE EDWARDS.

APPLE SAUCE CAKE

1 cup sugar (preferably brown)
½ cup butter or butter substitute
1 cup apple sauce
1½ cups raisins, which have been boiled 10 minutes
1 cup nut meats
1 whole nutmeg, grated
¼ teaspoon each cinnamon, allspice, cloves
1 full rounding teaspoon soda
1 full rounding teaspoon Rumford baking powder
½ teaspoon salt
1½ cups flour.

Sift soda, salt and baking powder with flour and stir in other ingredients. Make almost as stiff as a fruit cake and bake one hour. By adding crystalized fruit, this makes an economical substitute for fruit cake.

CORAL WOOD.

CARAMEL ICING

Take two cups sugar and cover with water, boil until it ropes. Add two tablespoons milk, one tablespoon butter, one teaspoon vanilla and beat until it thickens. Work fast or it will get grainy.

ELSIE THUM.

COCOANUT CAKE

1 cup sugar
½ cup sweet milk
1 teaspoon Royal baking powder
Whites of 4 eggs
1 teaspoon Vanilla
½ cup butter
2 cups flour.

Use the same recipe for two yellow layers, using egg yolks instead of whites.

Incing: 3 cups sugar moistened with milk from cocoanut. Boil until it spins a thread. Pour over beaten whites of 3 eggs and beat. Alternate white and yellow, cover each layer with icing, then cover thickly with fresh grated cocoanut.

This makes a large cake and is delicious.

ETHEL TENNANT.

DATE STICKS

1 cup chopped dates
1 cup brown sugar
1 cup nuts
1 cup flour
2 eggs beaten separately
1 teaspoon baking powder.

Cut dates, break up your nuts. Mix the nuts and dates well with the sugar. Add yellow of the egg beaten in the milk, then add the flour with the baking powder sifted in it, and last the whites beaten very stiff. Bake in an oven with slow heat for thirty minutes. Cut in strips, roll in powdered sugar while steaming hot.

GRACE DELANEY.

DEVIL'S FOOD CAKE

½ cup butter
2 cups sugar
4 squares chocolate
1 cup mashed Irish potatoes
2 eggs
¾ cup milk
2½ cups flour (sift before measuring)
4 teaspoons Royal baking powder
1 cup of nuts
1 teaspoon vanilla.

Cream butter and sugar together. Add potato and chocolate. Add beaten yolks of eggs. Add milk and dry ingredients. Beat well. Add nuts, vanilla, and well beaten whites. Bake in layer pans about forty minutes. Put together with any preferred icing.

LILLY WILLIAMS.

DOUGHNUTS

1 cup butter
1 cup sweet milk
1 teaspoon baking powder
2 cups sugar
3 eggs
Flour enough to roll.

Cut with doughnut cutter and fry in hot fat.

ETHEL TENNANT.

INEXPENSIVE FRUIT CAKE

(Very satisfactory)

1 cup butter
1 cup brown sugar
1 cup dark molasses
2 eggs
1 cup sour milk
1 teaspoon soda
4 cups flour
2 pounds raisins, seeded
1 pound currants
1 pound mixed nuts
½ pound citron
2 teaspoons vanilla
1 teaspoon alspice

Mix the sugar, butter, molasses and stir in the eggs. Mix soda in milk and add flour and milk. Chop nuts, and stir the nuts and fruit in last. Place in oven, turn the gas on just as low as it will stay lighted, and bake until the cakes begin to leave the sides of pan.

MRS. L. L. JONES.

JAPANESE FRUIT CAKE

1 cup of butter
2 cups of sugar
3 cups of flour
1 cup of sweet milk
4 eggs, beaten together, well
1 teaspoon full each of cloves, cinnamon, spice and nutmeg
2 teaspoons of baking powder
1 pound of raisins sprinkled with flour.

WHITE FRUIT CAKE

Whites 16 eggs
1 pound butter
1 pound flour
1 pound sugar
2 teaspoons baking powder
1 grated cocoanut
1 pound blanched almonds
½ pound English walnuts
¼ pound light citron
½ pound crystallized cherries
¼ pound crystallized pineapple
2 tablespoons pure alcohol.

Cream butter and sugar, beat eggs very light, mix flour and well beaten whites alternately until all is in except a little flour to flour your fruits and nuts well. Add your baking powder then the grated cocoanut and beat well, stir in all of your fruits and mix thoroughly. Bake in a medium oven for two hours.

MARY DAWSON WARE.

FILLING

Grated rind of two lemons or oranges —also juice of them
2 cups of sugar
1 whole grated cocoanut
1 cup of boiling water

When all this boils—add one tablespoonfull of corn starch and cook until it drops. Spread between layers. In making up your cake be sure not to get it too stiff.

HATTIE V. STABLER.

LADY BALTIMORE CAKE

1 cup flour
1 cup sugar
1 cup of milk
1 teaspoon flavoring
3 cups of oflour
3 level teaspoons baking powder
Whites of 7 eggs.

Cream butter and sugar, sift flour and mix with creamed butter add milk and flavoring, a little salt. Stir one hour. Add baking powder to whites of eggs beaten stiff, and fold in batter.

FILLING

3 cups of granulated sugar
1 cup boiling water
Whites of 3 eggs
1 cup nutmeats
1 cup raisins and dates
1 cup candied pineapple, figs and cherries.

solved then boil without stirring until syrup spins a thread; pour upon the beaten whites of eggs, beating constantly all the time, continue beating until the icing is stiff; add fruit and nuts and spread on cake.

LILLIAN CREWS.

LEMON BUTTER, FOR FILLING

The juice and grated rind of one lemon, one-half cup granulated sugar, piece butter size of walnut, one tablespoon corn starch (even full), one egg. Mix well together, when heated, add tablespoon boiling water, cook until it boils and only a few moments after, stirring all the time until it seems thick enough to spread like jelly.

PERNA ROBINSON.

MONTGOMERY SPONGE CAKE

2 cups sugar
2 cups flour
4 eggs
¾ cup boiling water
2 teaspoons baking powder

Beat eggs very light with the sugar. Add flour in which the baking powder has been sifted. Pour in boiling water; stir and bake immediately in medium oven.

MARY PERRY BEACH.

PECAN CAKES

½ cup butter
1 cup sugar
1 cup sweet milk
2 teaspoons baking powder
1 cup chopped pecans
3½ cups flour.

Drop on greased paper in pan and cook as tea cakes.

MARGARET BRUCE.

Cath
TX.
715
.C1513
1910

OAT MEAL COOKIES

1 cup sugar
1 cup butter
2 cups rolled oats
2 cups sifted flour
1 cup nut meats
2 cups raisins
1 tablespoon ground cinnamon
½ teaspoon ground nutmeg
½ teaspoon ground cloves
½ teaspoon salt
½ teaspoon ginger
2 eggs, well beaten
5 tablespoons buttermilk into which put ¾ teaspoon soda and 1 tablespoon syrup.

Sift dry ingredients together and add to the butter and sugar creamed together with beaten eggs. Then add fruit and nuts, well floured, drop on greased tins and bake in quick oven.

AGNES ROBERTS.

OATMEAL WAFERS

1 cup raw oatmeal
1 teaspoon baking powder
⅛ cup butter
1½ teaspoons vanilla
1 egg
½ cup sugar
½ saltspoon salt
2-3 cup nuts.

Cream butter, add sugar, add well beaten egg. Then add all dry ingredients, adding baking powder last. Drop from spoon to greased pan. Bake in a moderate oven.

"THE GOARS."

PINEAPPLE SPONGES

Pack a number of small molds with stale cake crumbled quite fine, then fill with pineapple syrup, in which a little gelatin has been dissolved. When firm, unmould on slices of pineapple. This is an excellent method of disposing of stale cake.

ELEANOR STARNES.

ROCKS

1½ cups sugar
2½ cups sifted flour
1 cup butter
1 cup nut meats
1 teaspoon soda in buttermilk (1 cup)
1 teaspoon cinnamon (ground)
¾ pound chopped raisins
½ teaspoon salt
3 eggs beaten separately.

Sift dry ingredients together and add to the butter and sugar creamed together. Add beaten eggs, and milk and lastly, the well floured fruit and nuts.

Bake on greased tins in quick oven.

NETTIE BRYSON.

SUNSET CAKE

Yolks of 8 eggs
½ cup butter
1 cup powdered sugar
½ cup milk
2 cups flour
1 tablespoon baking powder
½ tablespoon vanilla.

(This is to go with the Angel Food)

Cream butter and sugar, add the eggs and milk, then vanilla and beat in your flour and the baking powder which is mixed with 1 tablespoon of flour at the last.

Baked in small greased pan for ¾ hour.

ANNIE V. LYNCH.

3-249-479

CHEESE

CHEESE CUSTARD

6 slices bread (may be stale) buttered
½ pound grated, or cut cheese
½ teaspoon salt; dash of cayenne
2 cups sweet milk
2 eggs.

Place layer of buttered bread in buttered baking dish. Sprinkle with cheese and pepper continually until all is used.

Beat eggs; add to them the milk and salt; pour over the bread and bake twenty minutes in a moderate oven.

MARTHA DICKENSON.

CHEESE SOUFFLE

2 teaspoons butter
3 teaspoons flour
½ cup scalded milk
½ teaspoon salt
Pinch of cayenne
¼ cup grated cheese
3 yolks—3 whites of eggs.
(Level measures).

Melt butter, add flour, stir until smooth; add scalded milk gradually. Then add salt, cayenne and cheese. Remove from fire; add beaten yolks. When cool, fold in beaten whites.

Bake in buttered baking dish twenty minutes in slow oven.

MARTHA DICKENSON.

WELCH RAREBIT

1 tablespoon butter, melted in the chafing dish
1 tumbler milk
½ teaspoon salt
1/3 teaspoon red pepper
1 pound finely cut American cheese.

When this is well blended and boiling hot, stir in three well beaten eggs and cook for five minutes. Very light and fluffy.

ANN WERNESS.

CONFECTIONS

SOFT FUDGE

2 cups sugar
2/3 cup milk
1 to 2 squares chocolate
1 teaspoon vanilla
1 tablespoon butter
⅛ teaspoon cream of tartar
½ teaspoon salt
1 cup chopped walnuts

Mix together thoroughly the sugar, milk, grated chocolate (or cocoa) cream of tartar and salt, and boil until it makes a soft ball when tried in cold water. Remove from fire and add butter, cool in a pan of cold water, then add chopped nuts and vanilla and beat until it creams. The mixture should be stirred to keep it from burning and the crystals kept washed down from the sides of the pan.

In place of the nuts crystalized fruit, dates or raisins may be added; cocoanut, 1 cup of marshmallows, 2 tablespoons peanut butter give variety.

FUDGE NO. 2

2 cups sugar
1 cup milk
4 or 5 tablespoons cocoa
1 teaspoon vanilla
1 tablespoon butter
¼ teaspoon salt.

Cook together sugar, milk and salt without stirring until it begins to boil, add cocoa and stir constantly until it forms a soft ball when dropped in cold water, remove from fire and add butter and vanilla and if desired the same amount of any of the above ingredients and beat until it creams, then pour into buttered pan and when sufficiently cool mark into squares.

Chop the raisins and nuts etc., very fine. Stir sugar and water until dissame amount of any of the above ingredients and beat until it creams, then pour into buttered pan and when sufficiently cool mark into squares.

CORAL WOOD.

COCOANUT CANDY

1 cup cocoanut milk (if not enough milk, add enough water to make cupful).
3 cups sugar
1 cocoanut, grated

Boil sugar and water until syrup spins a thread when dropped from spoon. Add cocoanut before taking from fire, stirring constantly; cook about three minutes; take from fire, and stir until thick. Pour out, and when cool cut in squares. A few drops of vanilla may be added.

AGNES ROBERTS.

NUT AND FRUIT ROLL

2 cups sugar
1 cup sweet milk
1 tablespoon butter

Boil until it will harden when dropped in cold water and stir in one package of chopped dates or figs (about a cup full), stir until it "fries away" from sides of pan, then take from stove and stir in heaping cup of chopped nuts, stir until fairly cool and pour onto damp cloth and roll, be sure to keep cloth damp until the roll is shaped, and then remove from sides. As soon as it hardens sufficiently, cut in slices.

ALLIE WALL.

PENOCHE

2 cups brown sugar
2-3 cup milk
1 teaspoon vanilla
1 tablespoon butter
⅛ teaspoon cream of tartar
½ teaspoon salt
1 cup chopped black walnuts.

Cook as for soft fudge.

CORAL WOOD.

DESSERTS

BUTTER SCOTCH PIE

1 cup brown sugar
1 cup milk
Yolks of 2 eggs well beaten
1 teaspoon butter
1 teaspoon flour (more if needed).

Boil butter, sugar and milk together. Dissolve flour in 2 teaspoonfuls warm milk. Add yolks. Cook until smooth. Cool. Add vanilla. Pour into pie shell previously baked. Cover with meringue.

MARGARET ALEXANDER.

CHOCOLATE PIE FILLING

1 cup sugar
1 tablespoon flour
Pinch salt
Mix dry.

Beat two egg yolks and gradually add the cup of milk, then add this mixture to the dry ingredients and cook until thick. Take off of fire and add the chocolate with just a dash of nutmeg.

MERINGUE

Beat the whites of two eggs and add 4 tablespoons sugar. Cook until brown.

MRS. HELEN BARTZ.

COCOANUT AND APPLES

6 large tart apples
½ cup grated cocoanut
1 cup whipped cream
1 orange
½ cup sugar.

Peel and core the apples and place in baking dish. Fill with sugar and the grated rind and juice of orange. Very little water in pan. Bake until tender. Remove very carefully to a pretty dish. Stir the cocoanut in the whipped cream and pile high on the apple. Beautiful.

MARY DAWSON WARE.

CRYSTAL APPLES

Beat and core 6 apples. Make a syrup of 2 cups sugar and water. Put in apples and baste constantly.

About ten minutes before taking up, stuff with nuts and raisins. Add one tablespoon of Karo, a little vanilla and ½ teaspoon cinnamon.

MARY CRAVEN.

FRUIT NECTAR

4 lemons
3 cans pineapple
1 quart cherries
6 oranges
12 pints ginger ale.

Put ice in bowl, pour over it the gingerale. Cut the fruit comparatively fine and add to the bowl. This serves thirty guests.

OLIVE M. HEASLETT.

GOLDEN PIE

Grate the peel of one lemon, squeeze out the juice, mix in bowl with one cup sugar, one cup milk, one teaspoon powdered starch, yolks of three eggs, beat. Pour into paste crust, bake slowly. Beat whites of eggs to stiff froth, and when pie is done, pour over the top, return to oven to stiffen, not brown.

PERNA ROBINSON.

JEWISH SHALLIT

Line a deep pie tin with good crust. Put in a layer of chopped apples, the grated peel of one lemon, several small bits of butter and two tablespoons of sugar syrup flavored with vanilla. Make the sugar syrup with a cup of boiling water and two tablespoons of sugar. Cover this with another layer of chopped apples, a half cup of chopped raisins, a half cup of chopped nuts, the juice of a lemon, dot with bits of butter and add three tablespoons of sugar syrup. Put on top crust and seal it together with white of egg. Brush top with melted butter and bake. This is closely related to mince pie but is regarded as more wholesome.

MRS. KATE HOLT.

LEMON PIE FILLING (TWO PIES)

1⅞ cups sugar
7½ tablespoons corn starch
1⅞ cups boiling water
5 eggs
7½ tablespoons lemon juice
Rinds of 2½ lemons, grated.

Mix corn starch and sugar, add boiling water, cook until thick; add butter. Beat yolks; add lemon juice and rind; combine the mixture. Put in a baked crust; cook with meringue; brown in moderate oven.

ESTELLE PATTON.

MACAROON PUDDING

½ package gelatin
¾ cup sugar
1 dozen almond macaroons
3 eggs
1 pint milk
1 teaspoon vanilla.

Soak gelatine in a cup of milk half an hour. Beat yolks of eggs and sugar till light. Add remainder of milk and the gelatine. Put on to cook in double boiler, stirring often. Do not cover as it must come just to the boiling point. Take off and beat it into the stiffly beaten whites. Add vanilla. Set bowl in pan of water to cool, then on ice until it begins to thicken. Crumb macaroons, not too fine, and put part in bottom of mold, put part of mixture over it, then rest of macaroons, and rest of mixture. Set in refrigerator. Serve with whipped cream. Serves 6 people.

MARGARET ALEXANDER.

MAPLE MOUSSE

1 cup maple syrup
3 eggs
1 pint cream
1 cup chopped pecans.

Separate eggs. Let syrup boil and pour over the yolks beaten slightly. When this is cold add whites beaten stiff, then put in your cream which has been first thoroughly whipped, put in nuts and freeze.

MAMIE PEACE.

MOCHA PIE

2 eggs beaten light
1 cup sugar
1 cup flour to whic hadd 1 teaspoon baking powder and pinch salt.

Mix well, add 1 cup boiling milk in which has been melted one teaspoon butter. Flavor with vanilla; bake in rather quick oven.

FILLING

1 cup powdered sugar
Butter size of egg
2 teaspoons cocoa
1 tablespoon strong hot coffee.

Split cake in half, put in the filling and sprinkle powdered sugar over the top.

This will not keep except under lock and key.

MARY WARE.

NUT PUDDING

1 cup dates
1 cup nuts
1 cup sugar
3 tablespoons grated bread crumbs
1 teaspoon baking powder
6 eggs.

Beat egg yolks and mix with above named ingredients. Fold in stiffened whites, turn into shallow greased pan; cook ½ hour to 40 minutes in moderate oven. Serve with whipped cream.

"THE GOARS."

PLUM PUDDING.

1 pound raisins
¼ pound flour
1 pound suet (beef) chopped fine
1 pound currants
¾ pound stale bread crumbs (best to grate the bread)
½ nutmeg, grated
¼ pound brown sugar
5 eggs
¼ pound each citron and candied lemon peel minced fine.
½ pint brandy (if you can get it) if not use a cup of very strong black coffee with juice of two oranges and one lemon added with a little grated rind of both.

Clean, wash and dry the currants, stone the raisins and if large cut in two. Mix all the dry ingedients thoroughly, beat the eggs, add them to the brandy, pour over the dry ingedients, mixing thoroughly. Put in greased bowl, cover with a cloth and steam (not boil) six hours.

This should be served very hot and can be heated over as often as you wish.

SAUCE.

Beat one egg very light, add powdered sugar until the mixture is the consistency of a custard—about half a cupful sugar will be needed—add a cup of cream whipped and two tablespoons orange or lemon juice unless you can get sherry wine, or if you prefer use half teaspoon vanilla and a little lemon extract.

ZENNIE W. TOMLINSON.

WAUKESHA ICE CREAM.

1 quart rich milk
1 quart cream
4 eggs.

Break yolks and beat with two cups of sugar very light. Add milk, stir thoroughly then add the cream. Last beat the whites very stiff and fold in.

Be sure to have your freezer packed and all ready for the cream as it must not stand.

This is exceptional.

MRS. R. G. ALEXANDER.

EGGS

EGGS POACHED IN MILK—WITH CHEESE.

Poach the eggs in milk. Take eggs out and put on thin slices of toast. Add to the hot milk pepper, salt and butter to taste and two tablespoonfuls grated cheese. Stir until smooth and pour over egg. Toast and serve.

ZENNIE W. TOMLINSON.

SIX EGG OMELET.

6 eggs
¼ teaspoon salt
4 teaspoons sweetmilk
Butter, size of walnut
A dash of paprika.

Beat eggs separately, add milk, salt and paprika to the well beaten yolks. Have ready a hot skillet—put in butter to melt and after folding the whites into the beaten yolks then pour into hot skillet. Bake in oven. When done roll on a hot platter.

Grated cheese or jelly spread over omelet before rolling adds variety.

MRS. LOUIS CARLISLE.

FISH

BAKED FISH.

Make dressing of bread crumbs, onions, seasoned with salt, pepper and sage to taste. The amount made depends on the size of fish to be stuffed. Very little dressing is needed. Stuff fish, place in pan.

Make a sauce by frying finely chopped onions in hot butter or grease, butter preferred. Fry until brown, then add can of tomatoes, both pulp and juice mashing tomato with fork before putting into the pan. After this has been seasoned with salt and pepper and cooked for a little while, pour over the top of fish, and run into the oven to brown. Time of cooking also depends on size of fish being prepared. If a great deal of seasoning is liked, two or three small green onions laid across top of fish will give good flavor, and sometimes turnips are used likewise.

When finished "EAT."

MARY W. THOMAS.

CREAMED SALMON.

Heat two cups of milk; add red pepper and salt to taste; a pinch of sage and summer savory and a piece of butter the size of an egg. When hot add a can of salmon and stir thoroughly.

Serve hot with hot rolls or toast.

ZENNIE TOMLINSON.

CREAMED OYSTERS.

Boil one quart of oysters—drain. Mix without browning two tablespoons of butter and two tablespoons of flour. To the oyster liquor add sufficient milk to make a pint, add this to the butter and flour, stir constantly until it thickens. Then add the oysters, one teaspoonful of salt and a dash of cayenne pepper.

Serve with toast.

MRS. THOS. J. WINGFIELD.

GRIDDLE CAKES

BREAD CRUMB BATTER CAKES.

Pour two cups of sour milk over two cups bread crumbs (part bread or toast and part biscuit better), and let soak over night. Add half a cup of flour, one teaspoonful baking powder, half a teaspoon soda, one teaspoon salt, two tablespoons melted shortening and two eggs. Beat well and bake on hot griddle.

DR. LOLA TAYLOR.

FLANNEL CAKES.

2 cups flour
¼ cup corn starch
1 teaspoon salt
1 teaspoon sugar
2 well-beaten eggs
2 cups milk
1 light teaspoon soda.

L. C. BARNETTE.

RICE GRIDDLE CAKES.

2 eggs
1½ cups cold rice
2 cups sweet milk
½ teaspoon salt
1 tablespoon baking powder.

Bake on a hot griddle. No grease.

MEATS

CHICKEN SMOTHERED IN FRESH MUSHROOMS.

Have a roasting chicken split down the back; clean, wash, wipe and set the chicken, skin side up, in a double roasting pan, spread with butter; pour into the pan about a cup and a half of hot chicken or veal broth or boiling water. Cover close and let cook in a hot oven about half an hour; baste with the liquid in the pan and return to the oven to cook two hours longer, basting two or three times meanwhile. When the chicken is tender, turn into the pan half a pound of fresh mushroom caps, carefully peeled, and one cup of hot rich cream. Let cook fifteen or twenty minutes. Remove the chicken to a serving dish. Add salt and pepper to the liquid in the pan. Set triangles of bread, spread with butter and brown in the oven, around the chicken and pour the mushrooms and liquid over the whole. Oysters may be used in place of mushrooms.

(Awfully good when cooked in a fireless.) GENERA HUGHEY.

ROAST WILD DUCK.

Dress and clean a wild duck and truss as goose. Place on rack in dripping pan sprinkle with salt and pepper and cover breast with two very thin slices fat salt pork. Bake 20 to 30 minutes in a very hot oven, basting every five minutes with fat in pan, cut string and remove string and skewers. Serve with orange or olive sauce. Currant jelly should accompany a duck course. Domestic ducks should always be well cooked, requiring little more than twice the time allowed for wild ducks.

Ducks are sometimes stuffed with apples, pared, cored and cut in quarters, or three small onions may be put in body of duck to improve flavor. Neither apples or onions are to be served. If stuffing to be eaten is desired, cover pieces of dry bread with boiling water as soon as bread has absorbed water press out the water; season bread with salt and pepper, melted butter and finely chopped pecans or English walnuts. WINONA SNEDECOR.

DELICIOUS BAKED HAM.

Soak one-half ham over night. Boil until done then remove skin and bake in slow oven with the following:

½ cup vinegar
2 tablespoons brown sugar
Pepper, if you like it.

Baste often until the ham is glazed. To be eaten either hot or cold.

MRS. H. E. PEARCE.

FRENCH STEW.

1 pound beef
1 onion
1 small bottle olives
2 bay leaves
4 cloves
¼ teaspoon thyme
salt and pepper to suit taste
6 tablespoons vinegar
4 medium sized carrots
1 small piece celery
3 tablespoons lard.

Put the lard in a saucepan, cut up the onion and let the onioin brown, then cut the meat in small pieces put in with the onions and let brown, then put in the celery, Thyme, salt and pepper, carrots, cloves, buy leaves, cover with water and let cook on a slow fire for three or four hours. When nearly done add the olives.

HENRIA BESSIERE.

MEAT LOAF.

1 pound beef (not ground)
1 pound pork (not ground)
1 pound veal (not ground)
7 eggs
1 onion
1 tea cup cracker crumbs
½ tea cup sweet milk
1 tea cup water.

Cook the meat until it is well done and pull it apart with the fingers. Beat two eggs and mix with the crumbs, chopped onion and milk. Add this to the meat with salt, pepper and sauce.

Boil five eggs hard and arrange them in the center of the loaf. Bake in moderate oven thirty minutes. Then slice across the loaf. Can be served either cold or hot.

MAUD GAMBILL.

SAVORY NUT ROAST.

Slice and toast a loaf of bread. Grind fine and add 1 pound of chopped nut meats, 2 cups of chopped celery, 1 pound of tomatoes, ½ cup of chopped onions, 2 tablespoons of melted butter, 1 teaspoon salt, 1 teaspoon of pepper, and 2 eggs well beaten. Bake in a moderate oven 1 hour, decorate with lemon and serve with tomato sauce.

NUT CROQUETTES WITH RAISIN SAUCE.

1 cup stale ground bread crumbs
1 cup milk
¼ teaspoon onion juice
One or two egg yolks, slightly beaten
Few grains pepper.
¾ cup broken walnut meats
½ teaspoon salt

Mix ingredients in order given, form into balls containing a tablespoonful each, roll in extra crumbs, dip in slightly beaten egg diluted with ¼ cup cold water, and roll again in bread crumbs. Fry in deep fat hot enough to brown a bit of bread in 40 seconds. Serve with raisin sauce. For the sauce: Simmer 1 cup of quartered raisins in 1½ cups of cold water till soft. Add one-half cup of sugar and boil gently for 15 minutes. Just before serving, flavor with the juice of half a lemon.

ELEANOR STARNES.

BAKED APPLES WITH SAUSAGE FILLING.

Hollow out apples and fill with sausage meat. Place in a baking pan containing a little hot water and cok gently about an hour, basting frequently.

ELEANOR STARNES.

STEAK EN CASSEROLE.

Round steak or some of the cheaper cuts, cut 1½ to 2 inches thick, would be better for this recipe.

If possible, use an iron frying pan and have smoking hot. Sear the meat in this hot pan, remove to the casserole, season with salt, pepper and celery salt, if desired. Put a tablespoon of drippings in the pan, brown some flour in this hot drippings, then make gravy, using water or milk or part of each, cook until it begins to thicken, season well, then pour over meat in the casserole, put on lid and bake in a moderate oven for two hours or two and a half, according to the size of the steak.

This recipe is fine when cooked in a fireless cooker.

L. C. BARNETTE.

BEEK STEAK WITH OYSTER BLANKET.

Wipe a sirloin steak, cut one and one-half inches thick, broil five minutes, and remove to platter. Spread with butter and sprinkle with salt and pepper. Clean one pint oysters, cover steak with same, sprinkle oysters with salt and pepper and dot over with butter. Place on grate in hot oven, and cook until oysters are plump.

GENERA HUGHEY.

ROAST TURKEY.

Dress, clean, stuff and truss a ten-pound turkey. Place on its side on rack in a dripping pan, rub entire surface with salt, and spread breast, legs, and wings with one-third cup butter, rubbed until creamy and mixed with one-fourth cup flour. Dredge bottom of pan with flour. Place in a hot oven, and when flour on turkey begins to brown, reduce heat, and baste every fifteen minutes until turkey is cooked, which will require about three hours. For basting use one-half cup butter melted in one-half cup boiling water and after this is used baste with fat in pan. Pour water in the pan during the cooking as needed to prevent flour from burning. Water should be boiling. During cooking turn turkey frequently, that it may brown evenly. If turkey is browning too fast, cover with buttered paper to prevent burning. Remove string and skewers before serving. Garnish with parsley, or celery tips, or curled celery rings and discs of carrots strung on fine wire.

Turkey is often roasted with chestnut stuffing, oyster stuffing or turkey stuffing (Swedish style). The following portions are given for chicken, double the portions when used for turkey stuffing:

CESTHUT STUFFING.

3 cups French chestnuts
½ cup butter
1 teaspoon salt
½ teaspoon pepper
¼ cup cream
1 cup cracker crumbs.

Shell and blanch chestnuts. Cook in boiling salted water until soft. Drain and mash, using a potato ricer. Add one-half the butter, salt, pepper and cream. Melt remaining butter, mix with cracker crumbs, then combine mixtures.

OYSTER STUFFING.

3 cups stale bread crumbs
½ cup melted butter
Salt and pepper
Few drops onion juice
1 pint oysters.

Mix ingredients in the order given, add oysters, cleaned and drained from their liquor.

STUFFED VEAL CUTLETS EN CASSEROLE.

1 thin slice veal cutlet
½ pound cheaper veal
2 slices bacon or fat salt pork
½ cup fine bread crumbs
1 teaspoon onion juice
Salt and paprika
½ pound mushrooms (caps)
Stock or milk
Green peas
Potato balls
carrot balls
flour neded.

Pound the veal to one-eighth of an inch in thickness, cut in pieces three by five inches. Scrape the pulp from trimmings, or chop fine, and the half pound of veal; add one slice of the bacon chopped fine, the bread crumbs (softened in stock or milk and wrung dry), the salt, paprika and mushroom peelings and stems chopped fine. Mix and spread on the pieces of veal. Roll each piece separately and fasten with wooden tooth picks; saute in hot salt pork fat; put into the casserole, add hot stock or milk nearly to cover, and let cook about an hour; add the peas, carrots, mushroom caps and potatoes, stir in flour mixed with water to thicken, also salt and pepper needed; return to the oven to cook the vegetables. The potato and carrot balls should be cooked in boiling water five minutes, drained, dried and cooked in the fat until lightly colored before being added to the casserole. The mushroom caps should be browned without previous cooking.

This is delicious cooked in a fireless stove and may be served in casserole.

GENERA HUGHEY.

VEAL LOAF.

Two pounds of raw veal and two pork chops, put through a meat grinder. To this add four rolled crackers, butter size of an egg (melted), one teaspoon black pepper, one tablespoon of salt, and one tablespoon of celery salt.

Beat four eggs and stir in two tablespoons of milk. Pour this over the dry ingredients. Let stand about ten minutes, so they will soak up the liquid. Shape into a loaf and bake in a moderate oven two hours, basting every 15 minutes with melted butter in water.

This is delicious either hot or cold. MRS. THOS. WINGFIELD.

TURKEY STUFFING (Swedish Style.)

2 cups stale bread crumbs
2-3 cup melted butter
½ cup English walnut meats, broken in pieces
½ cup raisins, seeded and cut in pieces
Salt and pepper
½ teaspoon sage.

Mix ingredients in order given.

GENERA HUGHEY.

PICKLES

CHOW CHOW.

1 peck green tomatoes
1 firm cabbage
12 white onions
2 dozen cucumbers
6pods green pepper, large
1 pint horseradish.

Put in bowl and chop with large knife. Mix well and put in stone bowl. Sprinkle pint salt over all and let stand over night. Then take

2 pounds sugar
1 gallon pure apple vinegar
1 dozen celery seed
2 ounces tumeric
2 ounces white mustard seed
¼ box mustard.

Boil pickle slowly for three-quarters of an hour. Seal hot.

DR. LEONORA BOND.

SWEET PICKLES.
(German-Cucumber.)

1—Wash and pack in jars three dozen medium sized cucumbers. Pour over them a strong hot brine and let stand a week.

2—At the end of the week drain off the brine and cover with boiling water and let stand over night.

3—Next morning remove from the water and cut into pieces and cover with boiling water to which you have added a lump of alum the size of a walnut and cover with horseradish leaves or put in a root of horse radish and let stand over night.

4—Next morning drain off this water and cover with boiling water and let stand until cold. When cold drain off any water and prepare the following and pour over the pickles:

8 cups sugar
2½ quarts vinegar.
1 package celery seed (5 cents worth), and several sticks cinnamon

Put in a vessel and let come to boiling point and pour over pickles while hot

5—Next morning drain off the brine, reheat and pour over the pickles four mornings in succession. (Five times in all.)

NOTE—Pickles can be kept without sealing and it is preferable to make them in a stone crock.

BESSIE S. BARRY.

PEAR PICKLE

To 9 pounds of fruit, add
3 pounds white sugar
1½ pints vinegar
Cloves and spices to taste.

Peel pears and cut in slices about half inch thick across the pear. When syrup is boiling put pears in and let cook until you can pierce pear with fork. Put in jars and cover with syrup.

MABEL HARRISON.

OLIVE OIL PICKLES.

Take one-half bushel cucumbers about the size of the middle finger and one and one-half to two inches in circumference. Wash and slice cross wise and soak over night in strong salt water.

Next morning drain well and use a soft towel if necessary to absorb water.

Grind one-half peck of white onions in a meat grinder and add this together with two packages each of mustard and celery seed to the sliced cucumbers, mixing well.

Fill glass jars with the mixture and cover with cold cider vinegar. Pour a little olive oil over the top of the jars and seal up.

Should they jolt down after a week or two, pour more vinegar in and the oil will come to the top. Do not cook. This makes 12 to 13 quarts.

MRS. HELEN BARTZ.

PRESERVES

GRAPE FRUIT MARMALADE

4 large grape fruit
4 oranges
3 lemons
8 pounds sugar
4 quarts water.

Slice fruit with sharp knife, let stand 24 hours, then boil until clear; add sugar and cok slowly until it almost jells.

MRS. BERTHA HUNNICUTT.

FIG PRESERVES

6 pounds figs
6 pounds sugar
Juice of 4 oranges—rind of 2 oranges
Juice and rind of 2 lemons.

Cut the orange and lemon rind into dice and boil for ten minutes or until soft. Then add to figs 1 lb. seeded raisins, ½ lb. pecans, 1 lb. almonds.

Stir the figs, orange juice and rind, lemond juice and rind and sugar constantly until done, add the chopped nuts about fifteen minutes before taking up. Seal hot.

MARY CRAVEN.

SALADS

BOILED DRESSING

½ teaspoon salt
½ teaspoon dry mustard
½ tablespoon sugar
½ teaspoon flour
½ tablespoon butter
¾ cup sweet milk
½ cup hot vinegar
1 egg

Mix dry ingredients and add yolk of egg, milk, melted butter and hot vinegar. Cook until stiff in double boiler. Beat into this stiffly beaten white of egg. Can be kept for several days, and makes a delicious dressing for shredded cabbage.

MRS. L. L. JONES.

TOMATO JELLY WITH CELERY SALAD

Cook two and one-half cups of canned tomatoes, two slices of onion, three branches of parsley, a small bit of bay leaf, three cloves and a branch of celery about fifteen minutes. Strain and add one-fourth a package of gelatine, softened in one-fourth a cup of cold water; stir until the gelatine is dissolved, then turn into a border mold.

When ready to serve dip the mold to its full height in tepid water, wipe, turn in the hand, to make sure that the jelly is free from the mold, and unmold on a chilled dish. Fill the center with cleaned celery, cut in small bits, or julienne strips of French endive, mixed with either French or mayonnaise dressing.

GENERA HUGHEY.

GINGER ALE SALAD

(Latest Novelty in Salads)

Soften one-fourth a package of gelatine in one-fourth a cup of cold water, and let dissolve in a dish of hot water; add a grating of lemon rind and one and three-fourths cups of ginger ale.

Turn into small molds to chill and set. Serve very cold on heart leaves of lettuce, with either French or mayonnaise dressing, to a cup of which is added three tablespoonfuls or more of cocktail sauce.

GENERA HUGHEY.

HORSE SHOE SALAD

¼ pound almonds
2 sweet peppers
1 small bunch celery
1 small can pimento
1 package neufchatel cheese
1 cucumber
1 box Knox gelatine
1 pint whipping cream
1 head lettuce
½ teaspoon salt
Green vegetable coloring.

Blanch the almonds and chop with peppers, celery, pimento and cheese. Dissolve one package of gelatine in 2-3 pint boiling water and pour over chopped mixtures, stirring slightly. Add salt. Let this stand until it begins to jell, then fold in whipped cream.

Slice cucumber and pour 1-3 pint boiling water over it and let stand to flavor the water. Drain water off th cucumber and dissolve ½ package of gelatine in it and color with green vegetable coloring. Pour out to jell ¾ inch thick.

Slice gelatine in strips ¾ inches wide and garnish salad plate in the shape of a horse shoe. Then fill center with the salad. MAUD GAMBILL.

PIMENTO SALAD

1 can Pimento peppers
8 or 10 Snowflake crackers.
2 hard boiled eggs
Sweet pickles.

Chop pimento peppers up fine, crumbling crackers through palm of hands, chop hard boiled eggs fine, sweet pickles to taste cut fine. Salt and pepper to season. Put together with mayonnaise. MARY W. THOMAS.

COLD SLAW

Small head of cabbage (enough to serve six or seven people) shredded fine. Put in deep bowl and make hole in center, into which put the following:

1 egg
½ cup of sugar, into which has been mixed level tablespoon of flour
½ teaspoon (level) salt
1 teaspoon celery seed, or small bunch of celery
¼ teaspoon black pepper
1 very small onion. Then heat to the boiling point
1 cup (tea) of vinegar and pour over the other ingredients, stirring quickly to keep egg from cooking.

JENNIE WELDON.

HOT SLAW

1 small hard head cabbage, slice cabbage very thin
Salt and pepper
1 tablespoon butter, (or butter substitute)
½ cup vinegar
¼ cup of water
4 tablespoons milk
1 egg
½ teaspoon sugar.

Slice cabbage very thin, add salt and pepper, melt butter, add vinegar and milk and egg well beaten, sugar and water; let come to boiling point; add cabbage; cook 15 or 20 minutes. LILLIAN CREWS.

DRESSING FOR SLAW

Yolks of 2 raw eggs (beaten)
4 teaspoons sugar
1 teaspoon butter
4 tablespoons of cream
1 teaspoon dry mustard
A little salt
1 cup vinegar (if strong reduce with water).

Heat all together and pour over the cabbage hot. Cool before using.

ETHEL TENNANT.

SANDWICHES

SANDWICH FILLING

1 cup milk
1 tablespoon flour
1 teaspoon salt
½ pound cheese
1 can pimentoes
Dash red pepper.

Cook milk, salt, pepper, cheese over hot water until very thick. Add pimentoes cut in pieces. When cold spread on thin slices of bread.

ANN WERNESS.

SURPRISE SANDWICHES

1 cup grated raw carrots
1-3 cup finely chopped walnuts
Pinch of salt.

Mix with sufficient salad dressing to make a paste and spread on thin slices of Graham bread.

CORAL WOOD.

SAUCE

BARBECUE SAUCE FOR LAMB

2 heaping tablespoons lard
1 cup vinegar
1 tablespoon mustard
1 pod red pepper
2 tablespoons mustard seed
1 tablespoon sugar
1 teaspoon black pepper.

When your meat is half done pour over it one can of tomatoes and baste with this sauce.

MARY DAWSON WARE.

BROWN SAUCE

2 tablespoons butter
2 tablespoons flour
½ cup stock or water
½ teaspoon salt
Dash pepper.

Rub the butter and flour together, and stock, stir until it comes to a boil. Add one tablespoon kitchen bouquet.

SAUCE FOR PUDDING

1 cup sugar
1 egg
1 tablespoon flour
2 tablespoons cold water
Beat well
½ pint boiling milk.

Boil until thick, add lump butter, beat until cool and add flavoring. This is very good with cake also.

MARY HARRISON.

SAUCE TARTAR

1 cup mayonaise
2 tablespoons capers
2 tablespoons chopped olives
2 tablespoons gherkins.

Serve with fish, crabs or entrees.

MABEL HARRISON.

TOMATO SAUCE

2 tablespoons butter
2 tablespoons flour
½ pint strained tomatoes
½ teaspoon salt
Dash pepper.

Rub the butter and flour together. Add water and boil; stir in tomatoes; boil a few minutes.

LULA TYUS.

WHITE SAUCE

2 tablespoons butter
2 tablespoons flour
½ pint milk
½ teaspoon salt
Dash pepper.

Rub butter and flour together; add cold milk, put on fire and stir until boiling; add salt and pepper and it is ready to serve. (Fine with anything).

SOUPS

ALMOND SOUP

Blanche ateacupful of almonds. This means pour boiling water over them and as soon as you can handle them, rub off the skins. Dry thoroughly. Cut with scissors into quite small pieces. Put on a quart of sweet milk and bring to the boil, merely to the boil. Put in the almonds and boil gently a half hour in double boiler. Dissolve a tablespoonful of cornstarch in barely enough cold sweet milk, about three tablespoonfuls. Separate two eggs and beat the whites stiff. Beat the yolks well and stir them into the soup. Add a large pinch of salt and a tablespoon of sugar. Take the soup off the stove and pour into tureen. Drop the beaten whites of eggs from a tablespoon in the tureen and when serving ladle out these into each plate on top of the soup. Serve either hot or cold according to taste or the season. This is considered a very nourishing soup and is used much in sanitariums. This recipe was given the writer by a sanitarium cook in Asheville, N. C., who was imported from one of the European sanitariums.

MRS. KATE HOLT.

CELERY SOUP (CREAM OF)

2 cups of white stock
3 cups celery, cut in inch pieces
2 cups boiling water
1 slice onion
2 tablespoons butter
3 tablespoons flour
2 cups milk
1 cup cream
Salt
Pepper.

Parboil celery in water ten minutes; drain, add stock, cook until celery is soft, and rub through seive. Scald onion in milk, remove onion, add milk to stock, bind, add cream, and season with salt and pepper.

WHITE SOUP STOCK

4 pounds knuckle of veal or beef
2 quarts cold water
1 tablespoon salt
½ teaspoon peppercorns
1 onion
2 stalks celery
Blade of mace.

Wipe meat, remove from bone, and cut in small pieces. Put meat, bone, water, seasonings in kettle. Heat gradually to boiling point, skimming frequently. Simmer four or five hours, and strain. If scum has been carefully removed, and soup is strained through double thickness of cheesecloth, stock will be quite clear.

(Soup may be made without the white stock).

GENERA HUGHEY.

CHICKEN GUMBO

Dress, clean, and cut up a chicken. Sprinkle with salt and pepper, dredge with flour, and saute in pork fat. Fry one-half finely chopped onion in fat remaining in frying-pan. Add four cups sliced okra, sprig of parsley, and one-fourth red pepper finely chopped, and cook slowly fifteen minutes.

Add to chicken, with one and one-half cups tomato, three cups boiling water, and one and one-half teaspoons salt. Cook slowly until chicken is tender, then add one cup boiled rice.

GENERA HUGHEY.

LEMON SOUP

Make a quart of rich strong lemonade; grate into it the rind of a lemon and place in it a little spice bag. Heat to boiling point merely. Thicken with a tablespoon of cornstarch dissolved in about three tablespoons of cold water. Cook five minutes longer. Serve cold in bouillon cups with whipped cream on top. Remove spicebag before serving. This soup is especially designed for lagging appetites in summer.

KATHARINE HOLT.

PEA HULL SOUP

Start this soup one hour before dinner. Have water boiling, put in the peahulls and cook until tender which is not long. Cut up one or two small onions very fine. Add them and cook while you clean a head of lettuce and cook all together. Remove the onion and lettuce. Mash the peahulls through colander and return to the soup kettle. Add a tablespoon of butter and one or two cups of sweet milk. One is good but two are better. After adding the milk allow the soup to boil up once. Salt to taste. Serve immediately. This recipe was given the writer by a French bride who returned with her soldier husband. The recipe is given verbatim.

MRS. KATE HOLT.

RED POTTAGE

Cook a half pound of dried beans thoroughly. Leftovers are good. Have on hand one large boiled beet. Put two tablespoons of fat in saucepan, add two chopped onions, one piece chopped celery and fry. Add the beans and the beet and a can of tomato puree. Add pepper and salt to taste. Add two quarts of good soup stock and boil until the vegetables are tender. Rub through fine sieve and return to soup kettle and reheat. Serve at once.

MRS. KATE HOLT.

VEGETABLES

BOSTON BAKED BEANS

1 pint of pea beans
1 teaspoon of bicarbonate of soda
¼ pound of salt pork
2 tablespoons of molasses
1 teaspoon of mustard
1 teaspoon of salt.

Let the beans stand in cold water over night; wash and rinse in several waters. Parboil until a pin will pierce the beans. Change the water during the parboiling, adding the soda with the last water. Rinse thoroughly. Put helf the beans in the bean pot. Pour scalding water over the pork, scrape the rind thoroughly, wash in the water, then score the rind in half inch strips (for cutting in slices when cooked). Put the pork on the beans in the pot, and pour in the rest of the beans. Mix the molasses, salt and mustard with hot water to pour and turn over the beans. Then add boiling water to cover. Bake about eight hours in a moderate oven. Keep the beans covered with water and the cover on the pot until the last hour. Then remove the cover, and bring the pork to the top, to brown the rind. Less than a pint of beans cannot be baked very successfully. MRS. THOS. J. WINGFIELD.

CABBAGE A LA CAULIFLOWER

Cut cabbage in quarters; remove the hard portion; let stand in cold salt water one hour; cook in uncovered kettle of boiling salt water 20 minutes; drain in colander.

1 tablespoon butter
1 tablespoon flour
1 cup sweetmilk.

Melt butter, stir in flour and add milk, and a little salt and pepper; boil five minutes; mix with cabbage; put in buttered casserole, add two well beaten eggs; sprinkle with bread crumbs and bake in a moderate oven until eggs are done. LILLIAN CREWS.

HOPPING JOHN

Small piece of either salt or smoked meat.
1 pint of red or cow peas
1½ cups of rice
Salt and pepper to taste.

Soak the peas over night, and boil in a quart of water until half done, then add meat. As the water boils down add more.

Boil the rice for 20 minutes and allow to steam after pouring off water until the grains separate. Put a litle of the thick sauce from the peas over the rice and serve with peas, placing slices of the meat on each plate as you serve.

ITALIAN SPAGHETTI

1 small package spaghetti
1 small can tomatoes
Few slices onion
2-3 cup grated cheese
Chicken broth
Paprika
About 2-3 cup salted flour and water for thickening
Small piece of bacon or other fat.

Boil spaghetti in chicken broth until soft. Pour a layer of spaghetti into large dish, then alternate with layers of grated cheese, sprinkling each with a bit of paprika then pour over all sauce made by frying onion in fat until light brown, adding tomatoes and then when tomatoes begin to boil adding thickening and stirring until done. Serve immediately.

CORAL WOOD.

ITALIAN SPAGHETTI.

Brown meat in one-fourth cup of sweet oil and remove. In same oil add one onion, cut fine and two pods of garlic, cut fine, but be careful not to let get too brown.

To this add a large can of tomatoes, chopped very fine and after cooking ten minutes add several small pieces of Italian cheese.

Put meat back and cook very slowly for three hours.

Boil spaghetti until tender and serve sauce with it, and over all sprinkle grated Italian cheese.

This receipe was given to me by a New Orleans family and is mighty good.

G. R. M.

DEVILED POTATOES.

6 Irish potatoes
1 large can deviled ham
1 onion, minced.

Cook and mash the potatoes, season as usual with salt, pepper and butter, add the deviled ham and onion, form into flat cakes, dip in flour and fry till golden brown.

ELEANOR STARNES.

FRENCH BOILED RICE.

1 cup rice
4 cups water
1 teaspoon salt.

Have water boiling and add salt, then add rice and let boil for 20 minutes or until done. Drain all water from rice and fill up with cold water; then drain off all this cold water and put in warm place, uncovered, until it dries out. Serve with gravy and meat.

CORAL WOOD.

SWEET POTATO BOULETTES.

Boil and skin six medium sized sweet potatoes and while hot, put through a potato ricer. Season with two tablespoons of salt, one-fourth of pepper, and three tablespoons of butter. When cool enough t handle, mold in round balls two inches in diameter, sprinkle generously with chopped bacon and brown in a quick oven. Pile on a plate cannon-ball fashion, and garnish with parsley.

ELEANOR STARNES.

SWEET POTATOES PARTY STYLE.

3 medium sized potatoes
½ cup raisins
Lump of butter
½ cup pecan meats
¾ cup sugar
(Sherry).

Dice sweet potatoes, then boil tender, place in baking dish. Make a syrup of sugar with enough water to cover, add butter, raisins and the chopped nuts, sherry or vanilla and pour over the potatoes then brown in oven.

Marshmallows may be used over top of dish if desired.

MRS. MAMIE M. CARLISLE.

OLD FASHIONED SWEET POTATO PONE.

To one quart of grated sweet potato add

1½ cups sugar
1 cup syrup
2 cups sweet milk
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon all spice
1½ level teaspoons baking powder
3 eggs, well beaten.

Bake slowly in a moderate oven and stir several times before it is done.

MRS. NANNIE WADESON.

BAKED SQUASH.

2 small squash
1 onion
Boil in salt water until tender
Make a batter of
1 cup of corn meal
½ cup of milk
1 tablespoon butter
2 eggs
1 teaspoon baking powder.

Stir in the squash and onion and bake in a casserole 20 minutes.

BERTHA CREWS.

Compliments of

Hood & Wheeler

2013-15 Fourth Avenue

"The Store Beautiful"

Fine Furniture

Moderately Priced

ROYAL CUP COFFEE

ROYAL CUP TEA

HOME PRODUCTS of

BATTERTON COFFEE CO.

QUALITY MADE THEM FAMOUS

SOLD

AT YOUR GROCERS

Burger Dry Goods Co.

We Close at
6:00 p. m.
Every Saturday

For Perfect
Baking Use

Roller Champion

"The Flour the Best Cooks Use"

W. M. Cosby
Flour & Grain Co.
Sole Distributors

In Matters Financial Make This
"YOUR BANK"

American Trust & Savings Bank

Birmingham, Ala.

Member Federal Reserve System

4% on Savings

Capital
$500,000

Surplus and Profits
$450,000

Don't Be Aggravated

When "Mammy" fails to
show up Monday morning
---just call our number---

Rough Dry

9 cents a pound

American Laundry

1720-1722 Second Avenue

3715 Two Phones 3716

Memorandum

Memorandum

The
CASLON
PRESS
Inc.
BHAM, ALA.